

NS and MA Provincial Qualifiers, CUASL Westerns

Version 1. December 22

| Friday, January 20, 2023 | | | | | | |
|--------------------------|------|-------|-------------------------------------|------|--------|---------|
| Time | | Event | | Time | Panels | Entries |
| 4:00 | 4:15 | | Warm-up | 15 m | | |
| 4:15 | 8:00 | | Club Spacing (spacing schedule TBD) | | | |

| Saturday, January 21, 2023 | | | | | | |
|----------------------------|-------|-------|---|---------|--------|---------|
| Time | | Event | | Time | Panels | Entries |
| 8:00 | 8:15 | | Coach/Referee Meeting, General Warm-up | 15 m | | |
| 8:15 | 8:35 | | Warm-up | 20 m | | |
| 8:40 | 8:50 | 1 | Figures: 13-15 NS | 10 m | 2 | 4 |
| 8:50 | 9:10 | | Warm-up | 20 m | | |
| 9:15 | 10:45 | 2 | Team Elements | 1hr 30m | 1,2 | 41 |
| 10:45 | 11:05 | | Break | 20 m | | |
| 11:05 | 11:25 | | Warm-up | 20 m | | |
| 11:30 | 11:45 | 3 | Solo: Masters Technical | 15 m | | 5 |
| 11:45 | 11:55 | 4 | Solo: Junior Technical | 10 m | | 2 |
| 11:55 | 12:00 | 5 | Solo: Senior Technical | 5 m | | 1 |
| 12:00 | 12:10 | | Judge/Coach Feedback | 10 m | | |
| 12:10 | 12:40 | | Lunch Break, Open Pool | 30 m | | |
| 12:40 | 1:00 | | Warm-up | 20 m | | |
| 1:05 | 1:10 | 6 | Solo: 13-15 NS | 5 m | | 1 |
| 1:10 | 1:20 | 7 | Solo: Junior Free | 10 m | | 2 |
| 1:20 | 1:25 | 8 | Solo: Senior Free | 5 m | | 1 |
| 1:25 | 1:50 | 9 | Solo: Masters Free | 25 m | | 6 |
| 1:50 | 2:00 | | Judge/Coach Feedback | 10 m | | |
| 2:00 | 2:10 | | Awards: Figures, Elements, Solos | 10 m | | |
| 2:10 | 2:30 | | Warm-up | 20 m | | |
| 2:35 | 2:40 | 10 | Duet: Mixed | 5 m | | 1 |
| 2:40 | 2:55 | 11 | Duet: Junior Technical | 15 m | | 3 |
| 2:55 | 3:00 | 12 | Trio: Masters Free | 5 m | | 1 |
| 3:00 | 3:10 | | Judge/Coach Feedback | 10 m | | |
| 3:00 | 4:00 | | CUASL Spacing (scheduel TBD) | 1 hr | | |
| 4:00 | 4:20 | | Warm-up | 20 m | | |
| 4:25 | 4:40 | 13 | Solo: Novice | 15 m | | 4 |
| 4:40 | 5:10 | 14 | Solo: Experienced | 30 m | | 8 |
| 5:10 | 5:20 | | Judge/Coach Feedback | 10 m | | |
| 5:20 | 5:40 | | Warm-up | 20 m | | |
| 5:45 | 5:55 | 15 | Duet: Novice | 10 m | | 3 |
| 5:55 | 6:10 | 16 | Duet: Experienced | 15 m | | 3 |
| 6:10 | 6:20 | | Judge/Coach Feedback | 10 m | | |
| 6:20 | 6:30 | | Awards: CUASL Solo and Duet | 10 m | | |

| Sunday, January 22, 2022 | | | | | | |
|--------------------------|-------|-----------|--|---------|--------|---------|
| Time | | Event | | Time | Panels | Entries |
| 8:00 | 8:15 | | Coach/Referee Meeting, General Warm-up | 15 m | | |
| 8:15 | 8:30 | | Warm-up | 15 m | | |
| 8:35 | 8:40 | 17 | Duet: 13-15 NS | 10 m | | 2 |
| 8:40 | 9:00 | 18 | Duet: Junior Free | 20 m | | 4 |
| 9:00 | 9:10 | 19 | Team: Masters Technical | 10 m | | 3 |
| 9:10 | 9:20 | | Judge/Coach Feedback | 10 m | | |
| 9:20 | 9:30 | | Warm-up | 20 m | | |
| 9:35 | 9:40 | 20 | Team: Junior Free | 5 m | | 1 |
| 9:40 | 10:00 | 21 | Team: Novice | 20 m | | 4 |
| 10:00 | 10:25 | 22 | Team: Experienced | 25 m | | 5 |
| 10:25 | 10:35 | | Judge/Coach Feedback | 10 m | | |
| 10:35 | 10:45 | | Awards: CUASL Teams | 10 m | | |
| 10:35 | 10:55 | | Warm-up | 20 m | | |
| 11:00 | 11:15 | 23 | Team: Junior Technical | 15 m | | 3 |
| 11:15 | 11:50 | 24 | Team: Masters Free | 35 m | | 6 |
| 11:50 | 12:00 | | Judge/Coach Feedback | 10 m | | |
| 12:00 | 12:45 | | Break, Open Pool | 45 m | | |
| 12:45 | 1:05 | | Warm-up | 20 m | | |
| 1:10 | 1:20 | 25 | Team: Acrobatic | 10 m | | 2 |
| 1:20 | 1:30 | | Judge/Coach Feedback | 10 m | | |
| 1:30 | 1:45 | | Awards: Duets and Teams | 15 m | | |
| 1:45 | 2:00 | | Warm-up | 20 m | | |
| 2:00 | 3:30 | 26 | Technical Team Individual Swim | 1hr 30m | | 29 |

*Two warm-up lanes are available from 8am-6pm Saturday and 7:30am-3:30pm Sunday